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Brussels, Pakistan

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COURTESY EDMONTON INTERNATIONAL AIRPORT

Go further with freeze, NDP urged

PUBLIC SECTOR

**Province could
save another
\$1.2B in wages,
says professor**

 **Jeremy
Simes**
For Metro | Calgary

Though the provincial government could shave a tenth of its projected \$10-billion deficit by rolling back all public wage increases, it won't say what it'll do when entering upcoming union negotiations.

Last week, the government announced it plans to freeze salaries for management and non-unionized employees at the province's agencies, boards and commissions — including

Alberta Health Services.

Trevor Tombe, assistant professor of economics at the University of Calgary, said the government could save \$600 million if it froze wages and halted new hires of both non-unionized and unionized employees.

The number would double if the government decides to cut wage increases from 2.5 per cent to zero per cent over the next two years, Tombe added.

Leah Holoiday, spokeswoman for Finance Minister Joe Ceci, said the government won't freeze union wages because it must honour current contracts.

Wildrose finance critic Derek Fildebrandt applauded the move but is calling on the NDP to also freeze unionized wages.

"The government can no longer sit on the fence on the need to control wages and save taxpayers money," he said.

BUSINESS *takes off*

Air cargo numbers soaring at EIA despite province's turbulent times

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Share your picks for the best on offer in Edmonton

Everyone has that favourite go-to place, whether it's a hair-stylist where the conversation is great and the hairdos are better, an auto repair shop that gives you the straight goods and exceptional service or a simple, cozy place to grab a great cuppa Joe.

Now we're asking you to share those places with others! After all, they deserve some recognition.

That's why we've launched the brand new Metro Edmonton Community Choice Awards — a simple online portal that allows you to tell us about amazing Edmonton businesses and then let the community vote them to the top.

"We're thrilled to choose Edmonton as the next Metro market to launch the Com-



Performers participate in the Heritage Festival. METRO FILE

munity Choice Awards," said Metro English Canada executive vice president for regional sales, Steve ShROUT.

"This is an opportunity for the citizens of Edmonton to celebrate and identify their favourite businesses and for us to be a part of shining the spotlight on the exemplary

work being done locally in our business community."

The Metro Community Choice Awards will cover several categories, including (but not limited to) Automotive, Food and Drink, Service and Travel.

Readers will not only see Edmonton businesses in the

spotlight, but great recommendations are at their fingertips if they're looking for something in particular to suit their needs.

Metro will bring you the results of our reader-driven awards in special editions scheduled for both July and September of 2016.

Winners will be grouped into three categories: gold, silver and bronze.

Have your say! Nominate an Edmonton business you think deserves the limelight and then vote on the nominations at Edmonton.metrocommunitychoice.com.

SUSPICIOUS DEATH

Police seek help in case

Police are investigating the death of a 43-year-old woman who was found dead in an apartment building on the west end.

At about 10:45 a.m. on Monday police officers were called to the building at 114 Avenue and 132 Street after a report of a dead woman found in an apartment.

The homicide section has taken over the investigation.

This is the sixth suspicious death in the last six days in the city.

An autopsy has yet to be scheduled and no further information is available at this time.

Police encourage anyone who may have information about this incident to contact the Edmonton Police at 780-423-4567 or #377 from a cell phone. Anonymous information can also be submitted to Crime Stoppers at 1-800-222-8477 or online at www.tipsubmit.com/start.htm.

METRO

IN BRIEF

City ranks fifth in national survey of bad traffic

Edmonton has the fifth worst traffic in Canada according to a survey done by GPS company TomTom. That means the average trip here takes 21 per cent longer when compared to a free flow situation. METRO

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TRAFFIC SAFETY

League pushes for lower limit



The Edmonton Federation of Community Leagues wants drivers across the city to slow down and is pushing for changes to provincial legislation to make it happen.

Allan Bolstad, executive director of the federation, said they've heard concerns from their members across the city about vehicles cutting through neighbourhoods at high speed.

"They naturally want to speed, so speeding seems to go hand-in-hand with shortcutting," he said.

Provincial rules say that any street without speed signs is 50 km/h by default. Bolstad said that is simply too fast for most residential neighbourhoods.

"It's just not safe," he said. In 2010 the city experimented with lowering residential speeds in six neighbourhoods, but because of the provincial regulations they had to install signs at a cost of \$500,000.

Bolstad said traffic calming measures — like speed bumps — offer another way of slowing people down, but they're also not perfect.

"They are often quite an expensive option and difficult to develop properly," he said.

Bolstad said they'll start by asking city council to consider it and after getting them on board to push for change provincially.

He said he believes more people are coming around to the idea that slower residential streets will be safer for everyone.

50km/h

Provincial rules state if no speed limit is posted, the default maximum a driver can travel is 50 km/h.

Couple expecting four bundles of joy

HYTHE, ALTA.

Webb family overwhelmed by outpouring of local support

In this case it may actually take a village to raise a child — four of them to be exact — in a northwestern Alberta community.

Tim and Bethani Webb of Hythe planned to have a family when they got married last June and were thrilled when they found out not long after that they were expecting.

The thrill is now tinged with a bit of panic since the couple has learned that Bethani is expecting four identical baby girls.

"I definitely did go through some panic attacks. I'm still in such shock that I'm having quads. I'm still waiting for it to sink in that I'm carrying four babies," said Bethani, 22, who has been admitted to an Edmonton hospital until the girls can be safely delivered, probably in early May.

No fertility drugs were involved in the conception.

"One of the nurses that works at the hospital said it was a one in 67 million occurrence," Bethani said.

The village of Hythe, population 821 and 500 kilometres northwest of Edmonton, is rallying around the young couple.

"I think we're going to go through at least 48 diapers a day," Bethani laughed.

The hospital in nearby Grande Prairie is holding a diaper drive to help with the stockpiling.

Tim Webb, 23, said he was almost overcome when he heard the news.



Tim and Bethani Webb were thrilled when they learned they were expecting a child shortly after getting married in northwestern Alberta last June. Since then they have discovered they are expecting identical quadruplet girls — a 1 in 67 million occurrence. THE CANADIAN PRESS

"When I first found out I almost fell over," he said.

"That day with the ultrasound, when they counted the four, I actually felt quite faint and I had to ask for a seat because it was just too much all at once."

The Webbs have been making busy planning for once the babies, who are to be delivered by C-section, are born.

Tim said they will be giving up their one bedroom and move into a house with his mother, who is thrilled at having four

grandbabies. The SUV will also have to go to make room for four extra passengers.

Bethani is now trying to figure out how to tell four identical baby girls apart.

"I'm probably going to have to paint their nails or put a bracelet on them or different coloured ribbons."

As for the dad-to-be: "I think of them as blessings really. I'll probably be pulling my hair out a year from now, but now I'm excited. THE CANADIAN PRESS

"I think of them as blessings really. I'll probably be pulling my hair out a year from now, but now I'm excited. Tim Webb

TRANSGENDER RIGHTS

Legal fees mounting for fired teacher



Alex Boyd
Metro | Edmonton

A transgender teacher fired from his job as a substitute in St. Albert is running up against financial hurdles as he plans another appeal in his years-long court case.

It's been over eight years since Jan Buterman was removed from the substitute teacher's list at Greater St. Albert Catholic Schools after changing gender — triggering a court battle that continues to this day.

"The whole case is kind of messy," Buterman said. "I am certainly aware that financial stuff can definitely kill it."

Most recently the court has wrestled with the validity of a previous financial settlement. In short, the school board says a previous agreement is valid — meaning future legal action is impossible — but Buterman disagrees.

Last week, a decision came down in favour of the settlement.

The plan is to appeal the decision but Buterman, who isn't currently working, said after years of legal process the additional legal fees are a hurdle. His lawyer has been working pro bono.

He adds that he's looking into fundraising options, and says that given the discrimination still faced by Albertans who are transgender, his case continues to have relevance.

"I'm not the only trans person who has lost a job in this province, far from it, but most people don't have it in writing or don't have access to legal council," he said.

"Most trans people who run into this don't have the means to address it."

Buterman said an appeal will have to be filed sometime before the end of April.

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Better pedestrian collision reporting needed: Advocate

ROAD SAFETY

Concerns about effect on public perception



Sanam Islam
Metro | Edmonton

The way in which pedestrian collisions are reported in the media negatively affects public perception, says a pedestrian safety advocate.

"The fact is, according to our data, every two days at least three people — that includes people walking or on bikes — are getting hit by vehicles," said Conrad Nobert, co-founder of Paths for People, which creates maps showing pedestrian incidents in Edmonton based on data it requests from the city.

"But the carnage that's going on in our streets is largely



Advocates want to start a new conversation about traffic safety and pedestrian deaths. METRO FILE

ignored and forgotten. The police and media in large only report when there's a fatality, but there are injuries of all kinds happening."

Edmonton Police Service spokesperson Anna Batchelor

said the police alert media and the public about pedestrian injuries only when public safety is involved.

"It may be because there's a traffic disruption, a road closure or we need witnesses to

come forward in an investigation," she said.

"We simply can't report every collision — otherwise there would be hundreds of cases."

The fact that total pedestrian

collision data is only available in aggregate form after a year also means the impact is lost, said Nobert.

"It's not available as it's happening, even though the data is being created. It could easily be released to the open data community, but it's not," said Nobert.

And since the city collects pedestrian collision data based on calls for an ambulance or to EPS — which recommends on its website that pedestrians call only if a major injury is suffered — the number of incidents could be much higher, Nobert said.

"There are certainly collisions out there that happen and people don't report it — they could be a member of the homeless population who don't have the skills to get themselves attended to, or people who have been able to walk away from it," he said.

Batchelor said EPS could not speculate on the number of unreported cases.

317

Number of pedestrian collisions in 2015

12

Number of pedestrian deaths in 2015

200

Percentage increase in pedestrian deaths from 2005 to 2015

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MLA building awareness

SOCIAL CHANGE

Teens to tackle domestic violence in community



Sanam Islam
Metro | Edmonton

An Edmonton MLA is mobilizing youth to tackle the issue of domestic violence in the community through a new program.

"We live in a district that has a high demographic of immigrant or new Canadian populations. In many of these groups, it's almost taboo to talk about the issue of domestic violence inside your home. This is a way we can build more awareness," said Edmonton-Ellerslie MLA Rod Loyola, who launched the six-month youth mentorship program at the end of January.

Currently, nine youths between the ages of 12 and 24 are participating in the program, which includes four full-day



Edmonton-Ellerslie MLA Rod Loyola is mentoring youth to try to end domestic violence in the community. COURTESY ROD LOYOLA

workshops. Participants learn skills to become effective community leaders and organizers, in addition to learning about gender equity and domestic violence issues.

They also work on creating and implementing their own campaign, which could involve a seminar, a talk or other methods of engaging the community in a discussion

around the issue.

Loyola — who leads the sessions but brings in experts on domestic violence — said it was his passion for guiding youth who are interested in creating

“I’ve had friends who have gone through the issue”
MLA Rod Loyola

social change, as well as his interest in creating awareness about domestic violence, that led him to create the program.

"I've had friends who have gone through the issue, and I've known many immigrant women who've married someone, come here, been kept inside and been treated like slaves ... having to deal with those situations was really tough for me," Loyola said.

After the current program ends in June, Loyola said he plans to start another one in October around racial discrimination, which he said a few youths have brought up as a problem.

"Doing these workshops is also about youths having a working relationship with their MLA and for them to identify issues they want to focus on," Loyola said.

POLICING

Turnout poor at meetings



Ryan Tumilty
Metro | Edmonton

The Edmonton Police Commission saw weak attendance at public meetings last week, but say they can use online survey results to help guide their spending instead.

The commission held five meetings, hoping to hear from Edmontonians about difficult budget decisions.

"Frankly we didn't have that many people turn up," said chair Cathy Palmer.

But in comparison she said an online survey has drawn a lot of responses and they hope to compile that data in coming weeks.

City council did not give the Edmonton Police the budget increase they were seeking, so the force was holding the town hall meetings to get input on what services the police could potentially move away from.

Palmer said they're still open to ideas from the public.

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ENTREPRENEURSHIP

Easier to find love online than friendship



Samantha Power
For Metro

Making friends is not easy, and the digital age has done little to help. In a world of overwhelming dating sites and apps, there are few out there for those seeking platonic friendship.

Sisters Laura and Lisa Zhu decided to do something about it and create the web-

site FriendOp.

"We really hope this is something that people use because there's such a lack of resources for finding friends as adults," said Zhu, a third-year commerce student at Athabasca University. "There's a void in the market."

There are a few existing sites, mostly directed at women, such as socialjane.com and girlfriendsocial.com. Most only serve areas in the U.S.

The FriendOp website has gone through a few evolutions. The sisters were initially matching up submissions on their own, trying to align interests, but the work became too much.

"We started what we called DIY FriendOp," said Zhu.

It now operates more like Plenty of Fish, the dating site through which users browse open profiles.

The sisters hope the site evolves to help with anti-bul-

ling efforts and mental-health awareness.

The sisters are now considering other models and additions, including integrating an algorithm to match people — similar to OK Cupid.

"It's interesting, but we're not sure how it would work on a friend basis," said Zhu.

The website officially launched March 11. Currently it only has 140 users, even with an expansion to include Calgary and Vancouver.



Bradie Sparrow stands with one of the company's unique creations. CONTRIBUTED

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Quilters on a quest to quell cold

CHARITY

Excess from T-shirt quilts to help warm the homeless

Ben Freeland
For Metro | Edmonton

With spring cleaning around the corner, Edmonton quilters Bradie and Matt Sparrow of Sparrow Studioz have a novel way to help families turn that pile of old clothes in the basement into a useful keepsake while also providing comfort to the city's most vulnerable.

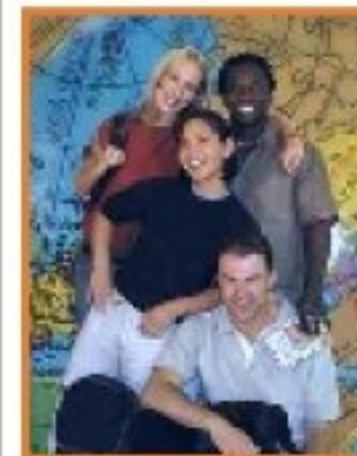
In February, Sparrow Studioz began converting old T-shirts into memory quilts for clients. A month later, the Sparrows began using the excess material to create quilts for the homeless.

"When you make a T-shirt

quilt you're only using the front material," said co-owner Bradie Sparrow. "At the beginning we were using the rest of the T-shirt material as stuffing for dog beds and the like, but we realized we could be doing something for community with this stuff. Our plan is to donate one quilt per T-shirt quilt ordered to the homeless through Hope Mission."

The couple started their business in 2008, specializing in providing local quilters with finishing services courtesy of their long-arm sewing machines. With the recent decline in the Canadian dollar making these American-made machines increasingly expensive, the Sparrows turned to T-shirt quilts as a means of diversifying their business.

Sparrow Studioz is located at 3160 Parsons Rd., near South Edmonton Common. Those interested in turning their old T-shirts into a keepsake can drop them off at the studio. A minimum of 12 T-shirts is required.



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EIA cargo charter business booming

AIR TRAVEL

Renovations to handle larger planes credited for success

Ben Freeland
For Metro | Edmonton

Alberta may be flirting with a recession, but you'd never know it judging by the level of activity at Edmonton International Airport's (EIA) air cargo apron.

While passenger traffic numbers were down slightly in 2015 from record highs in 2014, air cargo flights and tonnage have continued to grow. Moreover, the first three months of 2016 have already seen EIA exceed its 2015 numbers for total cargo charter flights.

"We've seen a huge uptick in cargo charters," says EIA cargo business development manager Alex Lowe.

Unlike regular scheduled

cargo flights, cargo charters are typically tied to specific projects and are more logistically complex and expensive than their scheduled counterparts. Such services often require the use of very large aircraft like the "stretch" Boeing 747-8 and the Russian-built Antonov 225 and Ilyushin IL-76.

EIA's recent record-setting pace for cargo charters is due primarily to the extensive upgrades made to the airport's cargo handling facilities in recent years.

"Until recently we didn't have the infrastructure to handle these flights," Lowe explains. "Less than 200 airports worldwide are equipped to handle the 8-series 747. We're now among that number, and that's really helped put us on the map. So far this year we've handled charters operated by some of the world's biggest cargo operators, including Korean Air, Etihad, Atlas Air, and Russia's AirBridge Cargo."

Scheduled air cargo operations also continue to do well at EIA, including the region's



A Korean Air flight on the tarmac at the airport's cargo facility. SUPPLIED

first ever Asia non-stop service to Shanghai operated by Air China Cargo, which debuted in the fall of 2015. Lowe credits this continued growth to the strength of agri-food exports, boosted by the low Canadian dollar.

"Our food companies have to a large extent outgrown the local market and are now setting their focus on international opportunities. Our low dollar has certainly helped open doors, but above all it's our optimal geographic location, our connections, and our world-class facilities that are making this happen."

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TORONTO

Ford Nation says goodbye

They have lined up before — for a “Ford Nation” T-shirt or a bobblehead, for a quick cell-phone picture, or to shake the hand of Toronto’s most infamous mayor.

On Monday, Rob Ford’s most dedicated supporters, nearly 300 by lunchtime alone, lined up at city hall to say goodbye — a few words, a blown kiss, a hand on the casket draped in Toronto’s official flag.

A man who endeared himself to those who cared little for politics or politicians, Ford is being remembered by his boosters for the personal problems he fixed and the calls he returned.

“He was definitely a people person in every way ... I think he was in politics to help the people, the little man that needs help,” said Hyacinthe Huron, 65.

Huron, wearing the T-shirt she kept from the Ford family’s annual “Ford Fest” barbecue, was one of the early mourners to stand outside in line behind metal barricades.

“I loved Rob Ford. I think he was a good man and we’ve lost a very good leader,” she said. “He could have become prime minister of Canada, but



Mourners kneel by the casket of Rob Ford as it lies in repose at Toronto City Hall on Monday. TORSTAR NEWS SERVICE

cancer said no.”

As the rain came down in the square named for another mayor, Nathan Phillips, on Monday morning a black hearse pulled up to the front doors of city hall, followed by limousines carrying Ford’s extended family.

Ford’s youngest child, Dougie and daughter Stephanie

watched with their mother, Ford’s wife Renata, from under an umbrella as members of the Toronto police chief’s ceremonial unit lifted the casket and carried it inside under “Rob Ford Councillor” signs that were quietly returned to the Ward 2 (Etobicoke North) office windows last week.

TORSTAR NEWS SERVICE

Refugees healthy, challenges remain

RESETTLEMENT

Study notes it will take time for conditions to present

The vast majority of the 26,000 Syrian refugees who arrived in Canada by the end of last month showed up healthy, newly published government data suggests.

But while the study by Public Health Agency of Canada staff said the newcomers posed no risk to public health, it noted it will take time for chronic medical and mental-health conditions to present.

The Immigration Department has published data on some of the newly arrived Syrians, but the public health study is the first comprehensive look at the entire group.

All applicants had medical exams as part of the program, though how many were rejected for medical reasons is unknown. The review found of those accepted, two had potential cases of non-infectious tuberculosis.

None tested positive for syphilis or HIV.

Ten were sent to hospital upon arrival for possible communicable diseases, though none ended up a concern to public health. Another 54 were hospitalized upon arrival for other urgent reasons.

“Large-scale refugee movements place pressure on health-care systems, both in their immediate response and as part of long-term resettlement efforts,” the study, published this month in the Canadian Communicable Disease Report, concluded.

The study observed refugees



1 Toothache patient Saly Samadi waits to be treated during a visit to a clinic run out of the Toronto Plaza hotel, where 500 government-assisted Syrian refugees are staying.

2 Nurse practitioner Ghazala Hussain and Dr. Alexa Caturay check Saly. TORSTAR NEWS SERVICE

tend to under-report chronic health conditions for fear of being rejected and estimated about five per cent of the arriving Syrians have some kind ongoing health-care need.

Mental-health issues will also take time to surface, the report said.

It also found a number of children arrived with illnesses including cancers, seizures and developmental disorders. Malnutrition and children with intellectual disabilities were also observed.

The incidence of those appears to be higher than in the general Canadian population, said Dr. Anna Banerji, the pediatrician who screened Syrian children as they landed

+ DENTAL CARE

The report noted the most immediate need upon arrival was catching up on immunizations and dental care. In Toronto, more than 500 dental emergencies were addressed.

in Toronto.

In her day-to-day work with refugees, Banerji usually has time for a detailed physical exam, blood work, vaccinations and parasite checks.

With the Syrians, she was just putting out fires because of the volume of arrivals.

THE CANADIAN PRESS

MANITOBA

Boy who disappeared drowned

RCMP say an autopsy has confirmed that a Manitoba boy whose body was found in a creek Saturday drowned.

Chase Martens walked away from his family home near Austin last Tuesday, prompting an extensive search involving hundreds of people.

An autopsy by the Office of the Chief Medical Examiner confirmed the cause of death, police said Monday.

The two-year-old’s parents and other family members took part in a vigil Sunday evening



Chase Martens
THE CANADIAN PRESS

on the shore of the creek where the body was found.

His grieving family said they

have been overwhelmed by the support people have shown.

“The family of Chase Martens is completely devastated as they come to grips with the tragic loss of their little boy,” read a statement issued by the Canadian Centre for Child Protection on behalf of the boy’s family.

The release said the family wants to express their heartfelt gratitude to RCMP, the provincial fire commissioner and community volunteers who took part in the search.

THE CANADIAN PRESS

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U.S. Capitol on alert after shots fired, woman hurt

SHOOTING

Authorities say this was an 'act of a single person'

Police shot a man on Monday after he pulled a weapon at a U.S. Capitol checkpoint as spring tourists thronged Washington, authorities said. The suspect was previously known to police, who last October arrested him for disrupting House proceedings and yelling he was a "Prophet of God."

U.S. Capitol Police identified the man as 66-year-old Larry R. Dawson of Tennessee. He was charged with assault with a deadly weapon and assault on a police officer while armed, both criminal offences in the District of Columbia.

Dawson was taken to a local hospital, where police said he was in stable but critical condition. A female bystander also sustained non-life-threatening injuries.

After his arrest last year, Dawson was issued a "stay-away order" by D.C. Superior Court in October, telling him to keep away from the Capitol grounds, court documents show.

The U.S. Capitol was on lockdown for about an hour Monday and the White House also was briefly locked down. As the capital teemed with spring tourists in town to view the cherry blossoms, staff members and visitors to the Capitol



A police officer stands guard at the U.S. Capitol complex in Washington, D.C. on Tuesday after reports of gunfire. AFP/GETTY IMAGES

were rushed into offices and told to shelter in place.

"We do believe this is an act of a single person who has frequented the Capitol grounds before and there is no reason to believe that this is anything more than a criminal act," Capitol Chief of Police Matthew R. Verderosa told reporters. He said it was unclear how many officers fired their guns. Initial reports had said an officer was

"I felt like I was in a movie. It didn't feel real at all."
Cathryn Leff

injured but that proved wrong. Verderosa said the suspect's vehicle had been found on Capitol grounds and was being

seized. On Monday evening, all roads had been reopened and the U.S. Capitol complex had returned to normal operations, officials said in a statement.

George Washington University Hospital spokeswoman Susan Griffiths said it had treated one patient from the Capitol incident for minor injuries and planned to release the patient shortly, but she did not identify the person. THE ASSOCIATED PRESS

BELGIUM

Death toll rises in Brussels attacks

As the number of victims in the Brussels suicide attacks rose to 35, Belgian police released a video of a mysterious man in a dark hat seen in the company of the bombers who attacked Brussels Airport, indicating that he is still at large.

"Police are seeking to identify this man," the Belgian Federal Police's website said Monday.

The video's release came as a Belgian magistrate also ruled that a man identified as Faycal C., who was arrested during the police raids that followed the March 22 attacks, could be released.

Faycal C. was among those taken into custody and facing

preliminary terror charges. Belgian media reported the man was the mysterious suspect in the white jacket and dark hat spotted with the two bombers at the airport the morning of the attacks. But the Belgian magistrate ruled that new evidence uncovered by investigators revealed there were no grounds to keep Faycal C. in custody and he was released, the Belgian Federal Prosecutor's Office said.

The Belgian Federal Police's website posted a 32-second video of the still-unidentified suspect as he wheels baggage through the terminal alongside the bombers. THE ASSOCIATED PRESS

JAMAAT-UL-AHRAR

Pakistan's PM vows to defeat militants

In an emotional televised address, Prime Minister Nawaz Sharif vowed Monday to hunt down and defeat the militants who have been carrying out attacks like the Easter bombing that targeted Christians and killed 72 people.

"We will not allow them to play with the lives of the people of Pakistan," Sharif said.

As the country began three days of mourning after Sunday's suicide bombing in the eastern city of Lahore, Sharif said the army would forge ahead with a military operation on extremist hideouts. Jamaat-ul-Ahrar, a breakaway Taliban faction that supports Daesh, claimed responsibility and said it specifically

targeted Christians. But most of those killed were Muslims who also had been in the popular park for the holiday. Many women and children were among the victims, and dozens of families held funerals Monday. At least 300 people were wounded.

Pakistan has suffered a series of attacks in recent months, and Sharif said militants are hitting "soft targets" like playgrounds and schools because military and police operations are putting pressure on their operations.

The attack underscored both the militants' ability to stage large-scale attacks despite a government offensive and the precarious position of Pakistan's Christians. THE ASSOCIATED PRESS

RICK MERCER REPORT

SEASON FINALE

Rick celebrates the end of another season with the winners of the annual Spread the Net Student Challenge.

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Alexandra Macqueen says that in order for people to get any benefit from apps, they need to change how they look at budgeting. TORSTAR NEWS SERVICE

Budget apps not enough

FINANCE

A good plan must overhaul spending habits

Budgeting has a lot of unpleasant connotations. It's associated with cutting back on fun and pouring everything into savings. Add to that the amount of work it takes to track your cash flow, and it becomes even less desirable.

Budgeting apps have been trying to change that, making finances less of a burden and more enjoyable. They're catering to a group of people who recognize the importance of keeping a budget but balk at the work required.

In order to get any benefit from apps, people need to change how they look at budgeting, according to Alexandra Macqueen, a financial planner who teaches and writes about personal finance.

"The budgeting app alone is probably insufficient. People need guidance and coaching on ... how should I be spending," she said.

Most budgeting apps do one thing very well, and that's provid-

ing a detailed overview of where you're spending your money, Macqueen said. But that's only half the work.

"You can have apps that say 'Last month, I spent x dollars on y expenditure category' ... but it isn't a spending plan. You need to have both components," she said.

A good budget needs both an overview and a plan on how to change spending habits so that more money is left over at the end of the month.

There's a common misconception that a spending plan basically means you don't spend money on frivolous items, but Macqueen said these "financial sins" shouldn't be such a large focus.

Rather, that focus should be on meeting targets, like putting a certain percentage in savings or paying down debt.

Someone who thinks they need help controlling their finances can appreciate being told exactly how much to spend.

A financial plan doesn't necessarily have to be about chasing down every penny either, Macqueen said. Rather, it should feel empowering to have control over your money again.

TORSTAR NEWS SERVICE

ECONOMY

Senate studies effects of falling loonie

The Canadian Senate is just as interested in the impact of the rapidly falling loonie as the rest of us. It heard from experts last month about the reasons for the drop in the dollar's value, as well as the impact on consumers and the economy.

Here's a look at some of report's findings:

■ **Three-quarters:** Proportion of the fall in the Canadian dollar's exchange rate attributable to the decline in

energy prices, according to Royal Bank

■ **\$470:** Canadian households' average savings at the gas pump in the first three quarters of 2015 compared to the same time frame in 2014

■ **40 per cent:** Maximum amount more Canadians have been paying more for U.S. made goods since



the loonie's decline

■ **13 per cent:** Increase in the cost of produce from November 2014 to November 2015

■ **\$25 billion:** Cost of the plunge in oil prices to Canada's economy

■ **8 per cent:** Increase in U.S. visitors to Canada between 2014 and 2015

■ **\$4-5 billion:** The anticipated boost to the economy from more American visits north of the border and fewer Canadians spending their money south of it, according to TD Bank Group.

■ **14 per cent:** Increase in auto exports between 2014 and 2015

■ **37,000:** The number of manufacturing jobs created in 2015, the highest amount since 2012.

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■ **Mint:** This app lets users connect directly to their bank accounts, and monitors how money flows in and out. It also notifies you when credit card bills are due.

■ **Goodbudget:** This app works on an old-school method of budgeting — putting money in envelopes for spending categories, and tracking how much money is left. The app doesn't connect to bank accounts, but relies on users filling in expenses in

the right category.

■ **Daily Budget Original:** This app asks users about their fixed income and costs, then gives them a daily budget they can spend. If you come under budget one day, the next day's increases, and those increases add up.

■ **Fudget:** Fudget focuses on balance — money in, money out. Users can input either an expense or an income, and the app keeps track of the balance.

metroview

ABIGAIL PUGH

ON THE PSYCHOLOGY OF SEXUAL ASSAULT

“Of course it would have been great if all three Jian Ghomeshi accusers had been clear on their afterstories. Yet it couldn't happen like that.”

An email to 20 friends gets the stories rolling in. Richly remembered, shyly told.

Viv: “I went on a ‘date’ with a guy who took me back to his apartment. I was 18 maybe 19? I don’t know why I agreed to this. It’s not where someone goes ‘on a date.’”

Viv “could barely drink a beer” — and was raped after playing a drinking game. She has “one two-second memory” of it. “And then I just felt dirty all the time.”

She emails again to say that she’s shared this with nobody since: “Not my therapist, not my sister, not my husband.” She’s 43.

Laura was sexually assaulted by a friend’s grandfather at age 8. The man told the court it was “her fault” for wearing a “provocative outfit.”

Jess writes: “I remember one of my parents’ friends feeling my bum. I had that strange feeling of ‘What’s he doing that for? These are parents — yuk.’”

Here’s Sophie: “I was alone in France with a boy I was getting to know. For the first time that year I felt finally able to connect in French. All of a sudden he reached over and squeezed one of my nipples: hard enough to really hurt.”

Meet Amanda: “I went to university very young. One night, I went up to a man’s bedroom at a frat house: a bunch of other frat guys called me slut and poured beer all over me.”

Apart from the cornering, hurting and frightening in the fashion Ghomeshi was accused of, what do these

memories have in common? Viv recalls — question marks hers — “I acted like I wanted it?”

Jess: “I felt wanted and uncomfortable at the same moment.”

Amanda recalls: “I even saw that same guy again. When I told him I was a virgin, he said I had wasted his evening.”

...

Of course it would have

says: “If there was a word to describe wanting to please your abuser — à la Stockholm syndrome — we could just say, ‘Oh, that is a normal reaction,’ not a ‘contradiction to her testimony.’”

If the prosecutor had his own experience of this commonplace sensation we don’t yet have proper terms for — along with the courage to bring it on board — he and the witnesses could

of me” she’s not referring to his alleged attack but to his “coolness.” The letter is steeped in contradiction: confusion and longing; shock and curiosity; regret and arousal.

My nipple-grabbed friend recalls: “To get angry was to lose connection to something I had only just gotten.” She could almost be Lucy.

I’ve been walking around



STEEPED IN CONTRADICTION Lucy DeCoutere and Jian Ghomeshi and shown together in 2003 in this exhibit photograph from Jian Ghomeshi’s trial. DeCoutere’s love letter to Ghomeshi, a key piece of the defence’s case, can be a read as a “hate letter” to herself. HANDOUT/THE CANADIAN PRESS

been great if all three Jian Ghomeshi accusers had been clear on their afterstories. Yet — again, of course — it couldn’t happen like that.

Were such truth-telling cultivated among us, three of these friends wouldn’t be footnoting their letters to me that I’m the first they’ve told (“not my husband, not a therapist”).

All the emails talk of a shameful sense of collaboration; of having bought attention and paid dearly, with currency that was ill-understood at the time. Of grappling with a state of mind we don’t yet even have clear psychological (let alone legal) language for. A friend

have had rich conversations full not of the one-note terror the media so simply-mindedly assumes “victimhood” to be, but of a whole reeking splatter of emotions (because sometimes truth isn’t tidy and sweet-smelling). Or maybe he could’ve found an expert witness to shine a light right at all this and thus help hack out the terms?

Lucy DeCoutere’s handwritten love letter to Ghomeshi is a hate letter to herself. She calls herself a “chicken s—t” for being wary of him; a “freak,” “a—le,” “ridiculous,” “sentimental” and “left in the dust.” When Lucy tells Ghomeshi: “You scared the hell out

in a daze since hearing from my friends. I want to mother my younger self and theirs. I want to slap Jian Ghomeshi. When my seven-year-old is older, I plan to sit her down and give her the training: “Lovely, don’t worry about his feelings. Worry about yours.”

If we can learn from this trial, maybe by the time my kid is dating, “sort-of-Stockholm” will be more usefully termed and therefore better acknowledged for the reality it is.

“The names of my friends have been changed and their accounts have been condensed and lightly edited.

metroview

Ford deserves to be remembered as he was — no more, no less



Michael Coren
For Metro

I hardly knew Rob Ford. And I suspect that the same applies to most people.

While the late mayor appeared so public, ebullient and obvious, there were hidden depths and layers to the man that perhaps only his family — and maybe not even they — were aware of.

In all honesty, I had little time for his politics and some of his statements about political and social issues were offensive and even repugnant. So does all of that change now that he has died?

That’s the important point here. Any person dying so young is a tragedy, and our decency is demonstrated by a respect, even a grudging one, for grieving, loss and pain. His wife and children must be suffering terribly. So a dignified hiatus between his passing and any criticism should have been absolute. Allow a few hours, perhaps a day, for those closest to him to process what had happened.

Most did, but not all. Social media immediately bubbled with acid attacks on the man, as though he were some sort of war criminal. He wasn’t. He could be a clown, he could be a brute, he lied publicly, he used illegal drugs, he said some vile things about women and his domestic life left much to be desired. Yet evil he was not; not evil

the way a cancerous death and children losing a father are evil.

So whatever people may have thought of Ford they should have initially shown reverence, less to him than to humanity’s natural rhythm of empathy and sympathy for those in distress.

And then came the ridiculously hagiographical articles. Suddenly we were given Rob Ford who could do no wrong, the bobble-head transformed into the plaster saint. Here was Ford the man of the people who we should only remember as the lovable character who coached high school football and always returned phone calls. One tabloid featured so many flattering obituaries that it became almost Soviet-like, with a deceased leader seemingly beyond reproach.

The truth is complex and obscure. Ford was a very bad mayor of Toronto. His achievements were largely cosmetic, he unnecessarily divided the city and he embarrassed the people of a genuinely great town. True leaders do not make racist, homophobic and misogynistic comments, true leaders do not brazenly disregard the law, true leaders deal in wisdom and not clichés.

But I still genuinely regret his passing and have waited until now to speak my mind. We are all broken in our own ways. We forget that to our peril.

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“If there was a word to describe wanting to please your abuser, we could just say, ‘Oh, that is a normal reaction.’”



From boxing to boffo box office

STAR WORKOUTS

High-def screens call for high-def training, says celeb trainer

Danny Musico had no plans to be a celebrity trainer.

But when "fellow (New Jersey) guy" and friend Bruce Willis called the former world champion boxer and asked for a favour — train then wife Demi Moore for *G.I. Jane* — he began on a course that led him to whipping an aging Rocky Balboa into shape.

Musico trained Sylvester Stallone for the sixth *Rocky* film, but it was his work on the Oscar-winning *Million Dollar Baby* that cemented his career. "It was just a whole landslide after Hilary Swank," he says.

Since then he's added Leonardo DiCaprio, Toby McGuire, the cast of HBO's *Entourage* and singers Jessica Simpson and JoJo to his client list. We talked to Musico from Beverly Hills in California.

What makes boxing a great workout?

It's a full-body workout. Professional boxers, they're probably the most incredible athletes, as far as being in shape, on the planet. As far as getting the body in shape, you're using

every single part of your body. Right down to helping you with other things — better balance, coordination and agility — everything comes with the training of boxing.

What's an example of a boxing-inspired workout routine?

I train everybody today like I'm still training someone in boxing, so I do interval workouts. For example, you're going to come in with me and you're going to start by hitting a cardio machine for three minutes as hard as you possibly can. That's warming you up and you're coming off of that machine to catch your breath, you have 30 seconds to a minute to catch your breath and start the next exercise.

Then you're starting three minutes of hitting a (boxing) bag. I may break that three minutes up into 30 second intervals — 30 seconds on with speed, 30 seconds rest. By the time you complete that interval, you're going back to a cardio machine for another three minutes of all-out cardio. Off of there, it may be me making you do a set of curls. That's how your 60 minutes goes, non-stop.

Is that what you call high-definition training?

Yes, HDT. The reason why it's called high-definition training, nowadays with the quality of TVs and all of our social media



Danny Musico's work on the boxing drama *Million Dollar Baby* cemented his career as a celebrity trainer. CONTRIBUTED

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and everything else like that, you can right out see just about anything on the person you're looking at. You need high-definition training for high-definition TV.

As an actor and model yourself, you must have some insight into what it's like working in an industry so focused on body image.

At the end of the day it's not about getting ready, it's about staying ready. You need to stay ready all the time for when that opportunity comes up, because you never know when it's going to be there. If you have to get ready for it when the opportunity comes, some-

times you miss it.

What are some tips for the average Joe who might not have the resources a celebrity does?

I could get you into shape with a rock and a stick. You don't need expensive gym memberships. It's just about consistency. You have to make sure you do it every day. We all want it. It's about how hard you're willing to work for it. Getting up every single day, working out, eating right, getting the proper sleep, not staying out partying. Those are just the basic tips that are actually the fundamentals of success. TORSTAR NEWS SERVICE

I could get you into shape with a rock and a stick... It's just about consistency.
Celebrity trainer Danny Musico

HEALTH PSYCHOLOGY

Tough guys less honest about medical symptoms, study shows

A newly published American psychological study has set out to investigate whether male life expectancy — which is shorter than female life expectancy by an average of five years — could be affected by social and psychological factors like choice of doctor and honesty.

"Why do men die earlier than women?" That's the question Diana Sanchez, associate professor of psychology at Rutgers University in the U.S. and doc-

toral student Mary Himmelstein, set out to answer in a recent study published in the *Preventive Medicine* journal and the *Journal of Health Psychology*.

They found that men who had traditional beliefs about masculinity — such as showing bravery, courage and emotional restraint — were more likely to ignore their health problems or delay acting on them.

The pair studied a group of 250 men, who were given a ques-

tionnaire designed to gauge their ideas about manhood and their preferences when choosing a doctor.

The results showed that participants with the highest scores on the masculinity scale were more likely to choose a male doctor, assuming them to be more competent than their female counterparts.

The scientists then recruited 250 university students and gave them a similar questionnaire.

Each participant was also interviewed about their health by male and female medical or nursing students.

Paradoxically, the higher they scored on the masculinity scale, the less likely they were to talk openly about their symptoms and current

health problems with male doctors. "That's because they don't want to show weakness or dependence to another man, including a male doctor," explains Sanchez.

Ironically, this same group of volunteers was found to be more honest

about their medical symptoms with female doctors, the authors found.

The pair published similar findings in 2014 in the *Journal of Health Psychology*. The study showed that men with strong, traditional ideas about masculinity were less likely to seek medical help, and were more likely to downplay their symptoms and suffer worse health outcomes than women or men who did not share those values. AFP

5 years

"Men can expect to die five years earlier than women, and physiological differences don't explain that difference," researcher Diana Sanchez says.

No. 1 story about no. 2

FLUSH WITH EMBARRASSMENT

First-date horror story goes viral on Twitter

Everybody poops. But most aren't as open about it as Toronto Twitter user Makela, aka "@blotty," who withheld her last name "so (she) can get a job in the future."

"I have a story to tell. It is about my poop," she wrote on Twitter in a series of 18 tweets that have gone viral, detailing a first-date horror story in which she retrieved the offending matter from a toilet, wrapped in toilet paper and put it in her purse, and went back to kissing her date on his couch.

Some of the tweets have garnered upwards of 8,000 retweets and thousands more likes, with users calling her a "hero" and asking for her autograph.

At the time of nature's call, 19-year-old Makela didn't consider "holding it," she told Torstar News Service in an exclusive interview.

"This is just something that happens. Everybody poops," said the Calgary native, who plans to



Toronto's Makela (@_blotty on Twitter) tweeted a story about removing poop from her date's toilet when it didn't flush. TWITTER

go to university for social work or psychology in September. "I don't think I realized what I was doing was completely insane until I put it in my purse and I sat down (on his couch) and he called me beautiful."

Her story, reminiscent of an episode of Comedy Central's *Broad City* in which a character removes a poop from a toilet during a power outage, has not been verified by the Star. Makela insisted that the story is true: "I didn't make it up. If I wanted to do something for attention I wouldn't pick something SO embarrassing," she wrote on Twitter. When the toilet wouldn't flush

in her date's bathroom, she got crafty. Makela removed the offending matter using a glove of toilet paper, and wrapped it up into a small package with more toilet paper, at which point she decided it was best to put the waste matter in her purse's inner pocket and get back to her date.

On the couch where they kissed and he called her beautiful, all she could think was "I have a piece of my poo in my purse," she tweeted. When she had a moment, she texted her sister for advice, who suggested she pretend she was a smoker and dispose of the dropping outdoors.

A few hours passed and her

date used the bathroom. She heard a flush, and figured he had fixed the toilet, so she had to try flushing it again.

"I brought my purse up to the washroom. Unwrapped the poop, prayed to every god I know, put it in and flushed," she wrote. Her prayers were answered: "By the grace of God, it worked. The poo flushed. I was free. I was in the clear. Everything was going to be okay. I survived. I am a survivor (sic)."

"All of the hard work I put into being a hot girl is tarnished by one teeny tiny poop story," she wrote on Twitter. "Now I'm just the poop girl."

But, a "confident, calm and self assured woman," Makela will try to get more out of the unexpected Internet fame than Twitter users claiming her tweets belong in an art gallery. On Wednesday, she sent a tweet-plea to Ellen DeGeneres asking to be on her talk show. After all, "My poop is popular," she wrote.

Makela has not received a response from DeGeneres' camp.

Instead, she has set up a PayPal.Me account accepting contributions to her "new purse fund." She has since dumped the original purse.

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER
WHAT I'M WATCHING

Chelsea Does listen, sort of, learns something new

THE SHOW: Chelsea Does, Season 1, Episode 3, Racism (Netflix)
THE MOMENT: The round table

Comedian and talk-show host Chelsea Handler sits at a boardroom table surrounded by members of several anti-defamation leagues. "When you make fun of Asian people on television, it gives other people permission to," the spokesman from the Media Action Network for Asian Americans tells her. She replies that she makes fun of everyone.

The advocate from the NAACP tells her that it's racist to joke that black men have large penises. She insists that he should be flattered, not offended. "If you're attacking everyone, you eliminate the concept of racism," she maintains.

In all four Chelsea Does episodes (the other three are Marriage, Silicon Valley, and Drugs), Handler sets herself up as a typical American — ignorant, but with strong opinions. As in the scene above, she appears to be listening, but she's mainly talking. She travels around the U.S., or the world, and asks a lot of questions. By the end, she's learned (and



Chelsea Handler, left, with Al Sharpton. CONTRIBUTED

taught us) something.

It's a simple conceit, but the strength of Handler's interviews makes it work. She's not afraid to offend, so she asks bold questions; she's genuinely curious, so she sparks conversations. Ultimately, what she thinks doesn't matter — what matters is the forum she gives others.

In the final minutes of this episode, a Native American spokesman tells her America is in trouble because it's all about "me," whereas his people think in terms of "us." If we could all do that, racism would evaporate. A sign that Handler has learned something: She doesn't retort.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than April 3, 2016. PLEASE QUOTE: "Receptionist/Sales Coordinator - Edmonton" in the subject line. All submissions will be treated as confidential.

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Marie-Philip Poulin has been named Canada's captain for the women's world hockey championship for a second straight year

A chance to get wiser alongside Wickenheiser

IN BRIEF

Parise named best of week
Minnesota Wild left-winger Zach Parise, St. Louis Blues goaltender Brian Elliott and Pittsburgh Penguins right-winger Phil Kessel have been named the NHL's three stars for the week.

Parise had five goals and seven points in three games, Elliott stopped all 52 shots he faced over two appearances and Kessel shared the league lead in assists (five) and points (seven). THE CANADIAN PRESS

Ducks dialed in vs. Oilers

Corey Perry scored his 31st goal of the season and John Gibson made 27 saves as the Anaheim Ducks won their second game in a row, defeating the Edmonton Oilers 2-1 on Monday.

Brandon Pirri also scored for the Ducks (42-23-10), who moved one point back of the Kings for first in the Pacific Division. L.A. could regain ground with a win over San Jose later Monday.

Nail Yakupov replied for the Oilers (30-41-7), who have lost two straight.

The Ducks started the scoring four minutes into the game on their first shot, as Perry cleanly beat Oilers goalie Cam Talbot with a slap shot from the top of the face-off circle.

Anaheim went ahead 2-0 with seven minutes left in the second period as Oilers defenceman Adam Clendening coughed up the puck, leading to a Pirri spin-o-rama shot into the net.

THE CANADIAN PRESS

WOMEN'S HOCKEY

National legend will be mentor to Canada's new generation

Three of Hayley Wickenheiser's Canadian teammates weren't born when she won her first women's world hockey championship in 1994.

Defenceman Halli Krzyzaniak was 12 years old when she first saw Wickenheiser play in the 2007 world championship final in Winnipeg. When Krzyzaniak scored her first career goal for Canada in an exhibition game Saturday against Sweden, her childhood idol provided an assist.

"That was just surreal for me to say she was in on my first goal because I never thought that would have happened," Krzyzaniak said.

"For my generation, she was someone we really looked up to and kind of idolized and wanted to be, but I never thought I would be playing with her."

A few surgeons also thought Wickenheiser wouldn't be around to play with Krzyzaniak, but the 37-year-old from Shaunavon, Sask., is playing in her 13th women's world hockey championship this week in Kamloops, B.C., with eight screws and a metal plate in the navicular bone of her left foot.

Wickenheiser chose a more optimistic surgeon when she underwent foot surgery in February, 2015.

"There's a lot of hardware in there," Wickenheiser said. "I didn't know if I'd play again. A lot of doctors said I could never play again. One guy said I could and I went with that guy."

Canada's all-time leading scorer in goals (168), assists (210) and games played (271) is also the all-time points leader in world championships with 85, including 37 goals.

She and Finland's Karoliina Rantamaki are tied for the most world championship appearances. Wickenheiser did not play in 2001 because of knee injury nor last year in Malmo, Sweden, because of her foot surgery. THE CANADIAN PRESS

It's kind of an exciting different challenge for me, which I enjoy — trying to help the young players who will be leading the team into the future when I'm not playing anymore. Hayley Wickenheiser



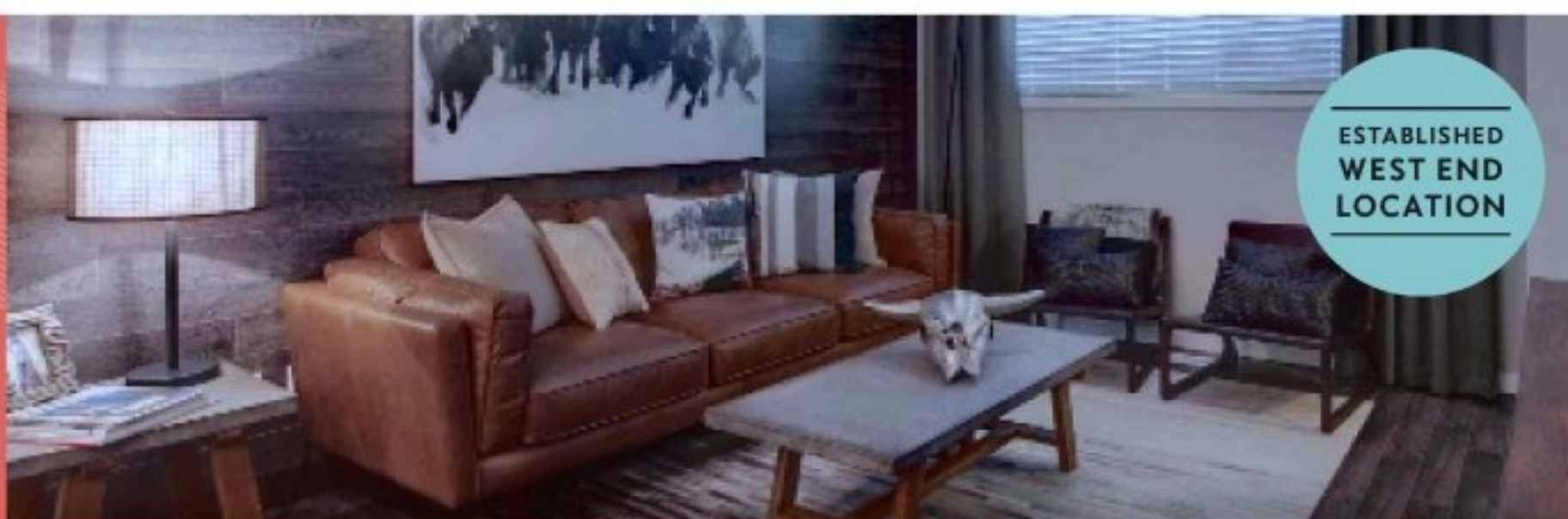
Hayley Wickenheiser is taking part in her 13th women's world hockey championship.

CHRIS SO/TORSTAR NEWS SERVICE

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Curling champion Vic Peters dies at 60

LEGACY

'He looked so good, that's what's haunting me'

Russ Howard will forever cherish his final memory of Vic Peters.

It came in February in Grande Prairie, Alta., when he, Peters, Rick Lang and Dan Carey — all former Brier champions — posed for a photo with their daughters after they'd been named to the Scotties Tournament of Hearts second all-star squad. Although Peters had been diagnosed with lymphoma in 2011, Howard said the veteran curler was upbeat and jovial. On Monday, news surfaced that Peters, who defeated Howard to win the 1992 Brier, had died at the age of 60.

"He looked so good, that's what's haunting me," Howard

said during a telephone interview. "I hadn't seen him in years and we were together for a few minutes so we could get our picture taken with the girls."

"We kibitzed a bit, shook hands and laughed... he looked great. A little over a month later, it's pretty shocking. I didn't really know until Sunday that he wasn't doing well. We're really going to miss him a lot."

Peters was regarded as one of Manitoba's "Big Three" along with Jeff Stoughton and Kerry Burtnyk during the 1990s. Stoughton captured three Brier titles (1996, 1999 and 2011) and two world crowns (1996, 2011) while Burtnyk was twice the Canadian victor (1981, '95) and '95 world champion.

"Vic was a fierce competitor, there's no doubt about it," Stoughton said.

"He showed his emotions on the ice but he loved the game and enjoyed the game."

THE CANADIAN PRESS



Vic Peters, a native of Steinbach, Man., was a three-time Manitoba champion. DAVE BUSTON/THE CANADIAN PRESS

MLB

Sanchez joins Jays' starting lineup

John Gibbons has settled on right-hander Aaron Sanchez being in the Toronto Blue Jays' starting rotation.

Sanchez's role — be it in the starting rotation or bullpen — was one of the most contentious issues in spring training for Toronto. But Gibbons settled the debate Monday.

"It's exciting for us all," Gibbons said of Sanchez, who beat out Gavin Floyd and Drew Hutchison for the starting job. "We think the sky is the limit for him."

"Who knows how good his career turns out? On one end of it, it's exciting to tell him; and on the other side, it's tough telling the other guys."

Sanchez, 23, has had a solid spring, posting a 1.35 earned-run average over 20 innings. But how long Sanchez remains in the starting rotation remains to be seen as Gibbons would only say Sanchez will open the season there, adding his workload will be monitored and he could return to the bullpen sometime during the year.

Sanchez started 11 games last season but did make 30 appear-

ances as a reliever. He threw 92 1/3 innings during the regular season, then 7 1/3 innings in the playoffs.

Marcus Stroman will be Toronto's opening-day starter Sunday at Tampa Bay.

With Sanchez earning a starting role, Floyd will pitch out of the bullpen while Hutchison, last year's opening day starter, was optioned to Triple-A Buffalo.

In other moves Monday, the Jays claimed catcher/first baseman Jesus Montero from the Seattle Mariners. To clear a roster spot, Toronto designated catcher A.J. Jimenez for assignment.

Montero, 26, appeared in 38 games with Seattle last season, hitting .223 with five home runs and 19 runs-batted in.

On Sunday, Hutchison escaped injury in Toronto's 7-3 exhibition win over Tampa Bay.

He was struck in the back of the head by Jimenez's throw to second base on an attempted stolen base.

Hutchison left the game as a precaution but told reporters afterwards he was fine. THE CANADIAN PRESS

It's exciting for us all. We think the sky is the limit for him.

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Aaron Sanchez was named the Jays' fifth starter on Monday.

CHRIS O'MEARA/THE ASSOCIATED PRESS

PLAY Yesterday's Answers

from your daily crossword and Sudoku

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1	6	9	7	5	4	2	8	3
8	5	2	3	9	6	4	7	1
3	9	8	6	4	1	5	2	7
5	7	6	9	8	2	1	3	4
2	1	4	5	7	3	9	6	8
4	2	1	8	3	5	7	9	6
9	3	5	1	6	7	8	4	2
6	8	7	4	2	9	3	1	5

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RECIPE Lamb Burgers



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Lamb may seem decadent for a Tuesday night but these burgers will be worth it once you enjoy every cumin spiced bite.

Ready in

Prep time: 20 minutes
Cook time: 15 minutes

Ingredients

- 1 lb ground lamb
- 1/4 cup red onion, finely minced
- 1/4 cup fresh parsley, chopped
- 1 tsp dried oregano (or 2 tsp fresh)
- 1 tsp cumin
- salt and pepper
- mini pitas
- lettuce leaves, washed and torn
- tomatoes, sliced
- tzatziki

Directions

1. In a large bowl, mix lamb, on-

ion, parsley, oregano, cumin and salt and pepper until everything is well combined. Cover and place in the fridge for 10 minutes.

2. Remove from the refrigerator and form the meat into small patties — you should get about 8 or 9 out of the batch. Place them on a clean plate.

3. Heat your grill or pan to medium, medium/high heat and if you're using a pan, add a bit of vegetable oil. Cook your burgers, about 5 minutes on each side until the internal temperature is 160 degrees. You'll need to work in batches, you don't want to overcrowd the pan.

4. Cut each pita in half and tuck in a lamb patty, some lettuce, tomato and a good dollop of tzatziki and serve.

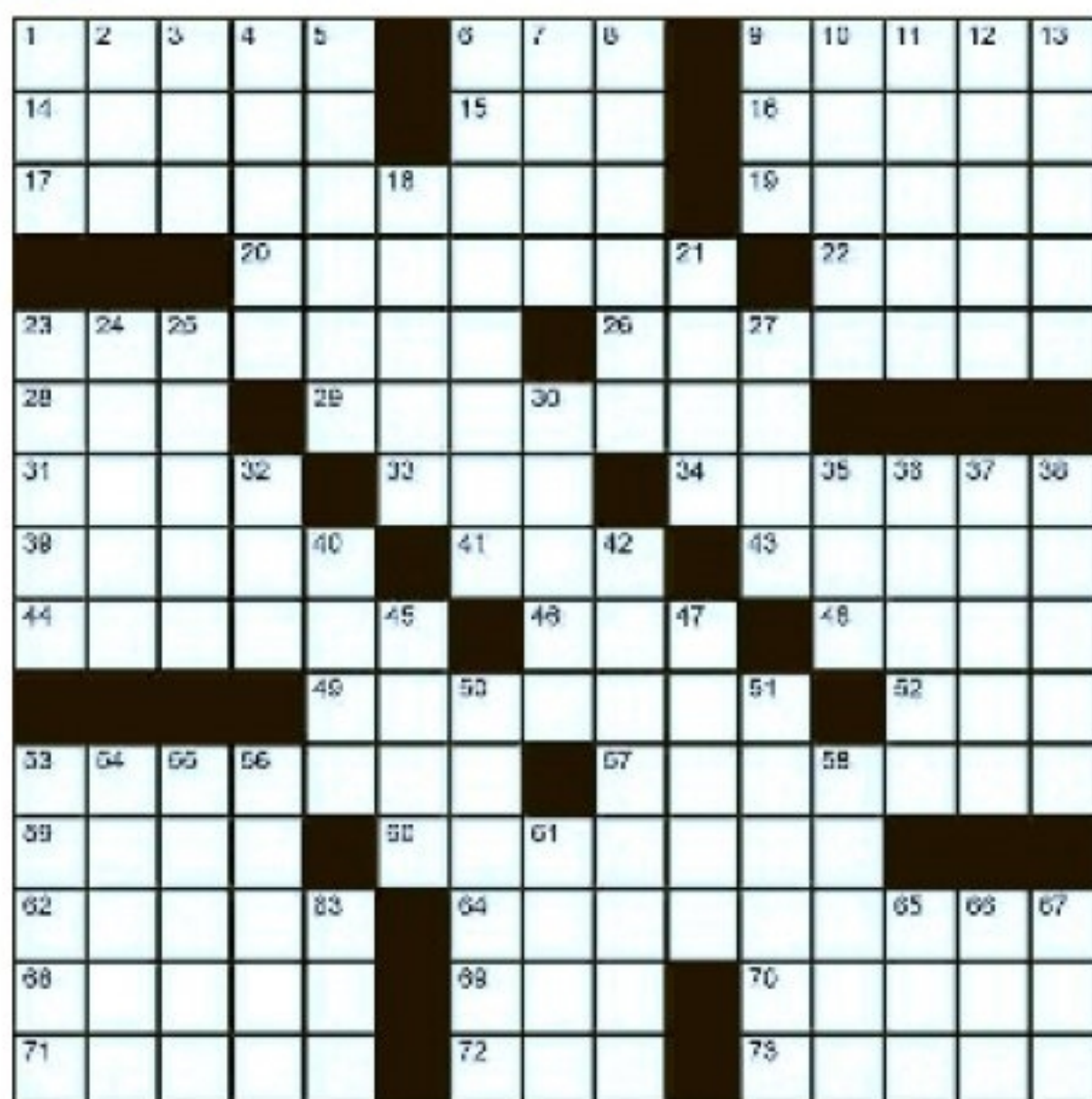
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BY KELLY ANN BUCHANAN

ACROSS

- Canuck music quintet, Canadian
- Q. " " what BC's big river starts with?" A. "Indeed, it's called the Fraser."
- Colorado resort
- Hokey
- Pas toi
- Gleamed
- As per #8-Down... champions (#50-Down this year considering they won at the same event in 2015 in Shanghai)
- Self-respect
- Remove from the rough draft: 2 wds.
- Pre-owned
- Sunshine-y singer for The Waves
- Joni Mitchell's "Raised on "
- Yalie
- 1988 Margaret Atwood novel about a painter named Elaine Risley: 2 wds.
- 'Cook' the cookies
- Cleave
- Talk, testy-style: 2 wds.
- "Witness" (1985) folk
- Fido
- 1988: "Wishing Well" by Terence Trent
- American city hosting #8-Down
- " " la la"
- " " earrings
- Bits of food taster
- Abel's mom
- Menswear item



- Imagined
- Beauty brand
- As per #50-Down... Eric
- Hairy, like a horse
- Experiment subject: 2 wds.
- Rocker Mr. Winter

- FMs opposites
- Pain
- Prepared
- No, informally
- Rationalist's belief in God

DOWN

- Alphabetic trio
- Caviar

- Canine's communication!
- Villain's grin
- Representative, such as in business transactions
- Mimicked
- Mozart aria: "Dove "
- March 28th to April

- 2016 ISU World Skating Championships
- Naja Haje
- Bush
- Grace
- Bitter- (Diehard)
- Dependent
- Alice's cat in "Alice in Wonderland" (1951)

- Mattel products
- Shish (Skewered appetizer)
- Western starring Canadian actor Glenn Ford, "The Man from the " (1953)
- Polynesian amulets
- Grand , Ontario
- Hawk's prey-spotting descent
- Superlative suffix
- "Woow!"
- Preamble
- Overhead
- Click clicked on the computer
- Party thrower
- Aquarium denizen
- Depilatory brand
- Wading bird
- Canadian pairs team set to compete at #8-Down... Duhamel & Eric (For Eric's last name, see #60-Across!)
- Start over from the top of the page
- One giving titles to books, say
- Dodge
- Line dance at a party
- Prepare the pizza dough
- Oft-quoted phrase
- Russian assembly
- Not wet
- Hawaiian cuisine staple
- Entries
- Fitness facility

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you are in a serious frame of mind today, you will want to deal with practical issues. You will not get sidetracked by frivolous matters.

Taurus April 21 - May 21
Any kind of research will go well today because you are determined to get answers and find what you are looking for. This could pertain to shared property or inheritances and such.

Gemini May 22 - June 21
This is an excellent day to sit down with members of groups or a personal friend to make long-range plans for the future. These plans might include your partner.

Cancer June 22 - July 23
You will impress bosses and people in authority today because you have a serious attitude. You want practical results now and in the long-term future.

Leo July 24 - Aug. 23
Make future travel plans today because you will cover every detail. This is a good day to explore avenues in publishing, higher education, medicine and the law.

Virgo Aug. 24 - Sept. 23
This is an excellent day to deal with red-tape issues regarding inheritances, taxes, debt and shared property. You won't overlook details, because you're on your game!

Libra Sept. 24 - Oct. 23
Serious discussions with partners and close friends will take place today. However, it will be a good thing because you will cover a lot of ground and get a lot done.

Scorpio Oct. 24 - Nov. 22
Choose today to tackle routine work you might have been avoiding. Your powers of concentration are excellent, and you will be detail-oriented. Just get it done.

Sagittarius Nov. 23 - Dec. 21
Romantic partners can discuss how to share expenses and deal with the division of labour in a relationship. Others will address the care and education of children.

Capricorn Dec. 22 - Jan. 20
It's a good day to think about home repairs or what needs to be done to fix broken items at home. You want solid solutions for practical problems.

Aquarius Jan. 21 - Feb. 19
This is an excellent day for any kind of long-range planning, because you are in a practical frame of mind plus you are looking ahead to the future.

Pisces Feb. 20 - March 20
If shopping today, you will want to buy only practical, long-lasting items. No ostrich boas for you!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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44,000KM, LEATHER,
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